The BOOK of LIFE

ROBERT COLLIER

"Yours is the World and everything that's in it."

"Footprints on the Sands of Time"

The Book of Life

In Seven Volumes

VOLUME SIX

The BOOK of LIFE

ROBERT COLLIER

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ROBERT COLLIER

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The Master Mind

"One who never turned his back but
marched breast forward,
Never doubted clouds would break,
Never dreamed though right were worsted
Wrong would triumph,
Held we fall to rise, are baffled to fight
better,
Sleep to wake."

—Browning.

AMONG your friends there is one of those men who doesn't have much use for the word "can't."

You marvel at his capacity for work.

You'll admire him the more the longer you know him.

You'll always respect him.

For he not only has made good, but he always will make good. He has found and appropriated to him-

self the "Talisman of Napoleon"—*absolute confidence in himself.*

The world loves a leader. All over the world, in every walk of life, people are eagerly seeking for some one to follow. They want some one else to do their thinking for them; they need some one to hearten them to action; they like to have some one else on whom to lay the blame when things go wrong; they want some one big enough to share the glory with them when success crowns his efforts.

But to instil confidence in them, that leader must have utter confidence in himself. A Roosevelt or a Mussolini who did not believe in himself would be inconceivable. It is that which makes men invincible — the Consciousness of their own Power. They put no limit upon their own capacities—therefore they have no limit. For Universal Mind sees all, knows all, and can do all, and we share in this absolute power to the

exact extent to which we permit ourselves. Our mental attitude is the magnet that attracts from Universal Mind everything we may need to bring our desires into being. We make that magnet strong or weak as we have confidence in or doubt of our abilities. We draw to ourselves unlimited power or limit ourselves to humble positions according to our own beliefs.

There is no reason why you should hesitate to aspire to any position, any honor, any goal, for the mind within you is fully able to meet any need. It is no more difficult for it to handle a great problem than a small one. Mind is just as much present in your little everyday affairs as in those of a big business or a great nation. Don't set it doing trifling sums in arithmetic when it might just as well be solving problems of moment to yourself and the world.

Start something! Use your initiative. Give your mind something to work upon. The greatest of all success secrets is initiative. It is the one quality which more than any other has put men in high places.

Conceive something. Conceive it first in your own mind. Make the pattern there, and your sub-conscious mind will draw upon the plastic substance or energy all about you to make that model real.

Drive yourself. Force yourself. It is the dreamer, the man with imagination, who has made the world move. Without him, we would still be in the Stone Age.

Galileo looked at the moon and dreamed of how he might reach it. The telescope was the fruition of that dream. Watt dreamed of what might be done with steam—and our great locomotives and engines of today are the result. Franklin dreamed of harnessing the lightning—and to-

day we have man-made thunderbolts.

Initiative, plus imagination, will take you anywhere. Imagination opens the eyes of the mind, and there is nothing good you can image there that is not possible of fulfillment in your daily life.

Every man wants to get out of the rut, to grow, to develop into something better. Here is the open road—open to you whether you have schooling, training, position, wealth, or not. Remember this: Your subconscious mind knew more from the time you were a baby than is in all the books in all the colleges and libraries of the world.

So don't let lack of training, lack of education, hold you back. Your mind can meet every need—and will do so if you give it the chance. The Apostles were almost all poor men, uneducated men, yet they did a work that is unequalled in historical annals. Joan of Arc was a poor peas-

ant girl, unable to read or write—*yet she saved France!* The pages of history are dotted with poor men, uneducated men, who thought great thoughts, who used their imaginations to master circumstances and became rulers of men. Most great dynasties started with some poor, obscure man. Napoleon came of a poor, humble family. He got his appointment to the Military Academy only through very hard work and the pulling of many political strings. Even as a Captain of Artillery he was so poverty-stricken that he was unable to buy his equipment when offered an appointment to India, else might his career have been very different. Business today is full of successful men who have scarcely the rudiments of ordinary education. It was only after he had made his millions that Andrew Carnegie hired a tutor to give him the essentials of an education.

So it isn't training and it isn't education that make you successful. These help, but the thing that really counts is that gift of the Gods—*Creative Imagination!*

You have that gift. *Use it!* Make every thought, every fact, that comes into your mind *pay you a profit.* Make it work and produce for you. Think of things—not as they are, but as they MIGHT be. Make them real, live and interesting. Don't merely dream—but *CREATE!* Then use your imagination to make that CREATION of advantage to mankind—and, incidentally, yourself.

XX

What Do You Lack?

"I read the papers every day, and oft encounter tales which show there's hope for every jay who in life's battle fails. I've just been reading of a gent who joined the has-been ranks, at fifty years without a cent, or credit at the banks. But undismayed he buckled down, refusing to be beat, and captured fortune and renown; he's now on Easy Street. Men say that fellows down and out ne'er leave the rockly track, but facts will show, beyond a doubt, that has-beens do come back. I know, for I who write this rhyme, when forty-odd years old, was down and out, without a dime, my whiskers full of mold. By black disaster I was trounced until it jarred my spine; I was a failure so pronounced I didn't need a sign. And after I had soaked my coat, I said (at forty-three), 'I'll see if I can catch the goat that has escaped from me.' I labored hard; I strained my dome, to do my daily grind, until in triumph I came home, my billy-goat behind. And any man who still has health may with the winners

stack, and have a chance at fame and wealth —for has-beens do come back."

—WALT MASON.*

DO you know why it is that the Bolsheviki are so opposed to religion?

Because religion, as it is commonly accepted, teaches man resignation to conditions as they are—teaches, in effect, that God created some men poor and some rich. That this unequal distribution is a perfectly natural thing. And that we must not rail against it because it will all be made right in the next world.

Napoleon, in his early Jacobin days, denounced religion for that very reason. But when he had won to power, when he planned to make himself Emperor, then he found he had need for that religion, and reestablished the Church in France.

* From "Walt Mason—His Book." Barse & Hopkins, Newark, N. J.

For, he reasoned, how can people be satisfied without religion? If one man is starving, near another who is making himself sick by eating too much, how can you expect to keep the starving one resigned to his fate unless you teach him it will all be made right in some indefinite future state?

Organized society could not exist, as he planned it, without some being rich and some poor, and to keep the poor satisfied, there must be an authority to declare—"God wills it thus. But just be patient. In the hereafter all this will be different. YOU will be the ones then to occupy the places of honor."

Religion, in other words—as it is ordinarily taught—*is a fine thing to keep the common people satisfied!*

But Christianity was never meant for a weapon to keep the rich wealthy and secure, the poor satisfied and in their proper place. On

the contrary, Christianity as taught by Jesus opened the way to all Good. And Christianity as it was practiced in its early years was an idealized form of Socialism that benefited each and all. No one was wealthier than his neighbors, it is true—but neither was any poverty-stricken. Theirs was the creed of the Three Musketeers — "All for one, and one for all!"

"Ask and ye shall receive," said Jesus. "Seek and ye shall find." That was not directed to the rich alone. That was to ALL men.

Providence has never made a practice of picking out certain families or certain individuals and favoring them to the detriment of other people—much as some of our "leading families" would have us believe it. It is only man that has abrogated to himself that privilege. We laugh now at the "divine right of Kings." It is just as ridiculous to think that

a few have the right to all the good things of life, while the many have to toil and sweat to do them service.

There is nothing right in poverty. Not only that, but there is nothing meritorious in poverty. The mere fact that you are poor and ground down by fear and worry is not going to get you any forwarder in the hereafter. On the contrary, your soul is likely to be too pinched by want, too starved and shrivelled to be able to expand.

"The Kingdom of Heaven is within you." To me that means that Heaven is here and now. That if we want any happiness from it we've got to get it as we go along. I've never been much of a believer in accepting these promissory notes for happiness. Every time one of them falls due, you find you just have to renew it for another six months or a year, until one of these days you wake up and find that the bank has

busted and all your notes are not worth the paper they are written on.

The Cumæan Sibyl is said to have offered Tarquin the Proud nine books for what he thought an exorbitant sum. So he refused. She burned three of the books, and placed the same price on the six as on the original nine. Again he refused. She burned three more books, and offered the remainder for the sum she had first asked. This time Tarquin accepted. The books were found to contain prophecies and invaluable directions regarding Roman policy, but alas, they were no longer complete. So it is with happiness. If you take it as you go along, you get it in its entirety. But if you keep putting off the day when you shall enjoy it—if you keep taking promissory notes for happiness—every day will mean one day less of it that you will have. Yet the cost is just the same.

The purpose of existence is

GROWTH. You can't grow spiritually or mentally without happiness. And by Happiness I don't mean a timid resignation to the "Will of God." That so-called "Will of God" is more often than not either pure laziness on the part of the resigned one or pure cussedness on the part of the one that is "putting something over" on him. It is the most sanctimonious expression yet devised to excuse some condition that no one has the energy or the ability to rectify.

No—by Happiness I mean the everyday enjoyment of everyday people. I mean love and laughter and honest amusement. Every one of us is entitled to it. Every one of us can have it—if he has the WILL and the ENERGY to get out and get it for himself.

Joyless work, small pay, no future, nothing to look forward to—God never planned such an existence. It

is man-made—and you can be man enough to unmake it as far as you and yours are concerned.

God never made any man poor any more than He made any man sick. Look around you. All of Nature is bountiful. On every hand you see profusion—in the trees, in the flowers, in everything that He planned. The only Law of Nature is the law of Supply. Poverty is unnatural. It is man-made, through the limits man puts upon himself. God never put them there any more than He showed partiality by giving to some of His children gifts and blessings which He withheld from others. His gifts are just as available to you as to any man on earth. The difference is all in your understanding of how to avail yourself of the infinite supply all about you.

Take the worry clamps off your mentality and you will make the poverty clamps loosen up from your

finances. Your affairs are so closely related to your consciousness that they too will relax into peace, order, and plenty. Divine ideas in your spiritual consciousness will become active in your business, and will work out as your abundant prosperity.

Prosperity is not limited to time or to place. It manifests when and where there is consciousness to establish it. It is attracted to the consciousness that is free from worry, strain, and tension.

What do you lack? What thing do you want most? Realize that before it or any other thing can be, it must first be imaged in Mind. Realize, too, that when you can close your eyes and actually SEE that thing *you have brought it into being*—you have drawn upon that invisible substance all about you—you have *created something.* Hold it in your thought, focus your mind upon it, "BELIEVE THAT YOU HAVE

IT"—and you can safely leave its material manifestation to the Genie-of-your-Mind.

God is but another name for the invisible, everywhere-present, Source-of-things. Out of the air the seed gathers the essences which are necessary to its bountiful growth; out of the invisible ether our minds gather the rich ideas that stimulate us to undertake and to carry out enterprises that bring prosperity to us. Let us see with the eye of the mind a bountiful harvest; then our minds will be quickened with ideas of abundance, and plenty will appear, not only in our world, but everywhere.

XXI

The Sculptor and the Clay

"Eternal mind the Potter is,
And thought the eternal clay.
The hand that fashions is divine;
His works pass not away.
God could not make imperfect man
His model Infinite, Unhallowed thought
He could not plan—Love's work and
Love must fit."

—Alice Dayton.

WHEN you step into your office on Monday morning, no doubt you have dreams of wonderful achievement. Your step is firm, your brain is clear and you have carefully thought out just WHAT you will do and HOW you will accomplish big things in your business. Perhaps the very plans you have in mind will influence your whole business career, and you have visions of the dollars that will

be yours rolling into your bank account.

But do these dreams come true? Are you always able to put through what you had planned to do—does your day's work have the snap and power you imagined it would have? Are you ever forced to admit that your dreams of big accomplishment are often shattered because of "fagged nerves" and lack of energy, because you have not the "pep"?

How easy it is to think back and see how success was in your grasp if only you had felt equal to that extra bit of effort, if only you had had the "pep," the energy to reach out and take it. The great men of the world have been well men, strong men. Napoleon succeeded until he began to get sick. On the day of Waterloo Napoleon was a sick man.

But there is no real reason for sickness or weakness, and there is no reason why you should remain

weak or sick if you are so afflicted now.

Remember the story of the sculptor Pygmalion? How he made a statue of marble so beautiful that every woman who saw it envied it? So perfect was it that he fell in love with it himself, hung it with flowers and jewels, spent day after day in rapt admiration of it, until finally the Gods took pity upon him and breathed into it the breath of life.

There is more than Pagan mythology to that story. There is this much truth in it—that any man can set before his mind's eye the image of the figure he himself would like to be, and then breathe the breath of life into it merely by keeping that image before his sub-conscious mind as the model on which to do its daily building.

For health and strength are natural. It is ill-health and weakness that are unnatural. Your body was

meant to be lithe, supple, muscular, full of red-blooded energy and vitality. A clear brain, a powerful heart, a massive chest, wrists and arms of steel—all these were meant for you—all these you can have if you will but *know,* and *feel,* and *think aright.*

Just take stock of yourself for a moment. Are your muscles tough, springy and full of vim? Do they do all you ask of them—and then beg for more? Can you eat a good meal—and forget it?

If you can't, it's your own fault. You can have a body alive with vitality, a skin smooth and fine of texture, muscles supple and virile. You can be the man you have always dreamed of being, without arduous dieting, without tiresome series of exercises, merely by following the simple rules herein laid down.

For what is it that builds up the muscles, puts energy and vitality into

your system, gives you the pep and vigor of youth? *Is it exercise?* Then why is it that so many day laborers are poor, weak, anæmic creatures, forced to lay off from one to three months every year on account of sickness? They get plenty of exercise and fresh air. Why is it that so many athletes die of tuberculosis or of weak hearts? They get the most scientific exercise year in and year out.

Is it diet? Then why is it that so many people you know, who have been dieting for years, are still such poor, flabby creatures? Doesn't it always work, or is it merely a matter of guess-work—and those were the cases where no one happened to guess right? Why is it that doctors disagree so on what is the correct diet? For years we have been taught to forswear too much meat. For years we have been told that it causes rheumatism and gout and

hardening of the arteries—and a dozen other ailments.

Now comes Dr. Woods Hutchinson—a noted authority, quoted the world over—and says: "All the silly old prejudice against meat, that it heated the blood (whatever that means) and produced uric acid to excess, hardened the arteries, inflamed the kidneys, caused rheumatism, etc., has now been proved to be pure fairy tales, utterly without foundation in scientific fact.

"Red meats have nothing whatever to do with causing gout and rheumatism, because neither of these diseases is due to foods or drinks of any sort, but solely to what we call local infections. Little pockets of pus (matter) full of robber germs —mostly streptococci—around the roots of our teeth, in the pouches of our tonsils, in the nasal passages and sinuses of our foreheads and faces opening into them; . . . Our

belief now is: 'No pockets of pus, no rheumatism or gout.' Food of any kind has absolutely nothing to do with the case.

"On the other hand, the very worst cases on record in all medical history of hardening and turning to lime (calcification) of the arteries all over the body, and in the kidneys and intestines particularly, have been found in Trappist and certain orders of Oriental monks who live almost exclusively upon starch and pulse—that is, peas, beans, and lentils, and abstain from meat entirely."

Then what is right? *Is it the combination of diet and exercise?* But surely the patients in sanitariums and similar institutions would have every chance to get just the right combination, yet how often do you see them come out little, if any, better off than when they went in?

No. None of these is the answer. As a matter of fact, the principal

good of either diet or exercise is that it keeps before the patient's mind the RESULT he is working for, and in that way tends to impress it upon the sub-conscious mind. That is why physical culturists always urge you to exercise in front of a mirror. If results are achieved, it is MIND that achieves them—not the movements you go through or the particular kind of food you eat.

The Song of Life

You who envy the rosy cheek and sparkling eye of youth, who awake in the morning weary and unrefreshed, who go to your daily tasks with fagged brain and heavy tread —just remember that Perfect Youth or Perfect Health is merely a state of mind.

There is only one thing that puts muscles on your bones. There is only one thing that keeps your organs functioning with precision and

regularity. There is only one thing that builds for you a perfect body. That one thing is your sub-conscious mind.

Every cell and tissue, every bone and sinew, every organ and muscle in your entire body is subject to the control of your sub-conscious mind. As it directs, so they build or function.

True, that sub-conscious mind accepts suggestions from your conscious mind. Hold before it the thought that the exercise you are taking is building muscle upon your arms or shoulders, and your sub-conscious mind will fall in readily with the suggestion and strengthen those muscles. Hold before it the thought that some particular food gives you unusual energy and "pep," and the sub-conscious mind will be entirely agreeable to producing the added vigor.

But have you ever noticed how

some sudden joy (which is entirely a mental state) energizes and revitalizes you—*more than all the exercise or all the tonics you can take?* Have you ever noticed how martial music will relieve the fatigue of marching men? Have you ever noticed how sorrow (which is entirely a mental state) will depress and devitalize you, *regardless of any amount of exercise or health foods you may take?*

Each of us has within him all the essentials that go to the making of a Super-Man. But so has every acorn the essentials for making a great oak tree, yet the Japanese show us that even an oak may be stunted by continual pruning of its shoots. Negative and weak thoughts, thoughts of self-doubt, of mistrust, continually prune back the vigorous life ever seeking so valiantly to show forth the splendor and strength of the radiant inner self.

Choose what you will be! Your responsibility is to think, speak, act the true inner self. Your privilege is to show forth in this self, the fullness of peace and plenty. Keep steadfastly in mind the idea of yourself that you want to see realized. Your daily, hourly, and continual idea of yourself, your life, your affairs, your world, and your associates, determines the harvest, the showing forth. Look steadfastly to your highest ideal of self, and your steadfast and lofty ideal will draw forth blessing and prospering not only upon you, but upon all who know you.

For Mind is the only creator, and thought is the only energy. All that counts is the image of your body that you are holding in your thought. If heretofore that image has been one of weakness, of ill-health, change it *now*—TODAY. Repeat to yourself, the first thing upon awaking in

the morning and the last thing before going to sleep at night—"My body was made in the image and likeness of God. God first imagined it in its entirety, therefore every cell and bone and tissue is perfect, every organ and muscle performing its proper function. That is the only model of me in Universal Mind. That is the only model of me that my Sub-conscious Mind knows. Therefore, since Mind — God — is the only creator, *that is the only model of me that I can have!*"

XXII

Why Grow Old?

"And Moses was an hundred and twenty years old when he died: his eye was not dim, nor his natural force abated."

REMEMBER how you used to plough through great masses of work day after day and month after month, cheerily, enthusiastically, with never a sign of tiring or nervous strain? Remember how you used to enjoy those evenings, starting out as fresh from your office or shop as if you hadn't just put a hard day's work behind you?

No doubt you've often wondered why you can't work and enjoy yourself like that now, but solaced yourself with the moth-eaten fallacy that "As a man grows older he shouldn't expect to get the same fun out of life that he did in his earlier years."

Poor old exploded idea!

Youth is not a matter of time. It is a mental state. You can be just as brisk, just as active, just as light-hearted now as you were ten or twenty years ago. Genuine youth is just a perfect state of health. You can have that health, and the boundless energy and capacity for work or enjoyment that go with it. You can cheat time of ten, twenty or fifty years—not by taking thought of what you shall eat or what you shall drink, not by diet or exercise, but solely through a right understanding of what you should expect of your body.

"If only I had my life to live over again!" How often you have heard it said. How often you have thought it.

But the fact is that you CAN have it. You can start right now and live again as many years as you have already experienced. Health,

physical freedom and full vigor need not end for you at 35 or 40—nor at 60 or 70. Health is not a matter of years. It is a state of mind. You can be just as brisk, just as active, just as light-hearted now as you were at 21.

There is an ancient city in Italy which can be approached by sea only through a long stretch of shallow water full of rocks and cross currents. There is one safe channel, and it is marked by posts. In the days of the Sea Rovers the city used to protect itself by pulling up the posts whenever a rover hove in sight.

Mankind has taken to planting posts along its way to mark the flight of time. Every year we put in a new one, heedless of the fact that we are thus marking a clear channel for our Arch-Enemy, Age, to enter in from the sea of human belief.

But the fact is that there is no

natural reason for man to grow old as soon as he does, no biological reason for him to grow old at all.

Why is it that the animals live eight to ten times their maturity, when man lives only about twice his? Why? Because man hastens decrepitude and decay by holding the thought of old age always before him.

Dr. Carrel of the Rockefeller Institute has demonstrated that living cells taken from a body, properly protected and fed, can be kept alive indefinitely. Not only that, but they *grow!* In 1912 he took some tissue from the heart of an embryo chick and placed it in a culture medium. It is living and growing yet.

The cells of your being can be made to live indefinitely when placed outside your body. Single-celled animals never die a natural death. They live on and on until something kills them. Now scientists are be-

ginning to wonder if multi-cellular animals like man really need to die.

The Fountain of Youth

Four hundred years ago Ponce de Leon set sail into the mysteries of an unknown world in search of the Fountain of Youth, when all the time the secret of that fountain was right within himself.

For the fact is, that no matter how many years have passed since you were born, *you are only eleven months old today!* Your body is constantly renewing itself. The one thing about it you can be surest of is CHANGE. Every one of the millions of cells of which it is composed is constantly being renewed. Even your bones are daily renewing themselves in this way.

These cells are building—building—building. Every day they tear down old tissue and rebuild it with new. There is not a cell in your

body, not a muscle or tissue, not a bone, that is more than eleven months old! Why then should you feel age? Why should you be any less spry, any less cheerful, than these youngsters around you that you have been envying?

The answer is that you *need not* —if you will but realize your YOUTHFULNESS. Every organ, every muscle, tissue and cell of your body is subject to your Sub-conscious Mind. They rebuild exactly as that mind directs them. What is the model *you* are holding before your mind's eye? Is it one of age, of decrepitude? That is the model that most men use, because they know no better. That is the result that you see imaged upon their bodies.

But you need not follow their outworn models. You can hold before your mind's eye only the vision of youth, of manly vigor, of energy and strength and beauty—*and that is the*

model that your cells will use to build upon.

You may be weak and anæmic. You may be crippled or bent. No matter! You can start today to rebuild along new lines. In eleven months at the most, every one of those weak and devitalized cells, every one of those bent and crippled bones, will be replaced by new, strong, vigorous tissue.

Arthur Brisbane says that at the age of 85 George F. Baker is doing the work of ten men.

That is what every man of 85 ought to be doing, for he should have not only the physical vigor and strength and enthusiasm of 21, but combined with them he should have the skill and experience, the ripened judgment of 85.

There is no more despairing pronouncement than the belief of the average man that he matures only to begin at once to deteriorate and

decay. When the actual fact is, as stated in a recent utterance by the eminent Dr. Hammond, *there is no physiological reason* why a man should die. He asserted—and the statement is corroborated by scientists and physiologists—that the human body possesses inherent capacity to renew and continue itself and its functions indefinitely.

Of one thing you can be sure. God never ordained any law of decay and death. If there is any such law, it is man-made—and man can unmake it. The Life Principle that came to this planet thousands or millions of years ago brought no Death Principle with it. For death is like darkness—it is nothing in itself. Death is merely the absence of life, just as darkness is merely the absence of light.

Universal Mind knows no imperfection—no decay—no death. It does not produce sickness and death.

It is your *conscious* mind that has decreed these evils. Banish the thought—and you can banish the effect. Life was never meant to be measured by years.

I remember reading a story of a traveler who had journeyed to a land of perpetual sun. Since there was no sunrise and no sunset, no moons or changing seasons, there was no means of measuring time. Therefore to the inhabitants of that land, time did not exist. And having no time, they never thought to measure ages and consequently never grew old. Like organisms with a single cell, they did not die except by violence.

There is more truth than fiction to that idea. The measurement of life by the calendar robs youth of its vigor and hastens old age. It reminds me of the days of our grandparents, when a woman was supposed to doff her hat and don

a bonnet at 40. And donning a bonnet was like taking the veil. She was supposed to retire to her chimney corner and make way for the younger generation.

Men and women ought to *ripen* with years into greater health, broader judgment, maturer wisdom. Instead of lapsing into darkness and decay, their minds should through practice hold ever stronger images before them of youthful vigor and freshness. The Psalmist says—"But thou art the same, and thy years shall have no end."

No one need retire to the chimney corner, no matter how many years have passed over his head. Years should bring wisdom and greater health—not decrepitude. Many of the world's famous men did their greatest work long after the age when most men are in their graves. Tennyson composed the immortal lines of "Crossing the Bar" at the

age of 80. Plato still had pen in hand at 81. Cato learned Greek at the same age. Humboldt completed his "Cosmos" in his ninetieth year, while John Wesley at 82 said—"It is twelve years now since I have felt any such sensation as fatigue."

You are only as old as your mind. Every function, every activity of your body, is controlled by your mind. Your vital organs, your blood that sends the material for rebuilding to every cell and tissue, the processes of elimination that remove all the broken down and waste material, all are dependent for their functioning upon the energy derived from your mind.

The human body can be compared to an electric transportation system. When the dynamo runs at full power every car speeds along, and everything is handled with precision. But let the dynamo slow down and the whole system lags.

That dynamo is your mind, and your thoughts provide the energy that runs it. Feed it thoughts of health and vigor and your whole system will reflect energy and vitality. Feed it thoughts of decrepitude and age, and you will find it slowing down to the halting pace you set for it.

You can grow old at 30. You can be young at 90. It is up to you. Which do you choose?

If you choose youth, then start this minute renewing your youth. Find a picture—or, better still, a statuette—of the man you would like to be, the form you would like to have. Keep it in your room. When you go to bed at night, *visualize* it in your mind's eye—hold it in your thought as *YOU*—as the man *YOU ARE GOING TO BE!*

Give that model to your Subconscious Mind to build upon—and before eleven months are out, that model *WILL BE YOU!*

"Footprints on the Sands of Time"

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